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family first
Full-time mom Lopez refuses to hire nanny
celeb buzz p.14

picture perfect
Fairy Godmother helps make prom reality for teens in need
ottawa p.2

wish we were there
Study finds almost 1 in 3 of us don't take all our vacation time
workology p.11

High 23°
40% Low 12°
WEATHER P. 15

PHOTOS BY JAMES MACLENNAN/FOR METRO OTTAWA

The Ottawa Race Weekend welcomed 32,873 competitors in seven races, including yesterday's marquee full marathon, which saw Asmae Leghazoui of Morocco capture the overall women's title — and a new course record — at the ING Ottawa Marathon, with a time of 2:28:43. In her debut marathon, Tara Quinn-Smith, of Toronto, below, captured the women's Canadian title with a time of 2:33:57.

A marvel of a marathon

New women's record, Canadian champions at 34th annual races

By **TRACEY TONG**
Metro Ottawa

Two first-time Canadian marathoners had exceptional showings at yesterday's ING Ottawa Marathon event, during the 34th annual Ottawa Race Weekend that drew 32,873 participants to seven races and featured a new women's course record.

The weekend "smashed" records, said Susan Longbottom, president of the board of directors for Ottawa Race Weekend. "It was a fabulous weekend. I can't even begin to estimate the spectators.

"I think when you're here, you feel the energy and the excitement," said Longbottom. "It makes you want to come back."

Nearly 33,000 runners — and a legion of supporters and interested spectators — clogged downtown streets yesterday for the race weekend, which saw the marquee marathon and half-marathon events run in the wake of the five- and 10-kilometre events a day earlier.

Kenya's David Cheruiyot won his third marathon championship title yesterday, with a time of 2:10:59 over 42.2 kilometres. Although the time was 26 seconds short of the course record he established here last year, Cheruiyot said after the race, "I feel very good."

"The course was good, the race was good, it was good weather for it," said the 38-year-old, who said he would return next year.

A course record did fall to Asmae Leghazoui, of Morocco, who captured the overall women's title with a time of 2:28:43.

The 31-year-old, who described herself as "feeling great" after the race, said the race was difficult because she "was alone for 25 kilometres."

In their debut marathons, new Canadian Giitah Macharia and Toronto's Tara Quinn-Smith captured the men's and women's Canadian titles, respectively. Macharia ended with a time of 2:16:54, while Quinn-Smith finished in 2:33:57. Macharia, 28, who previously ran 10Ks, said the marathon is "a completely different race.

"Once you do 30K, you feel so tired, no matter how hard you train," said the Congo native. "I just wanted to see the finishing line. I didn't think about who was in front of me and who was behind me. I just focused on my body."

With her time, Quinn-Smith is eligible for selection to Canada's team for the 2009 World Cup in Berlin.

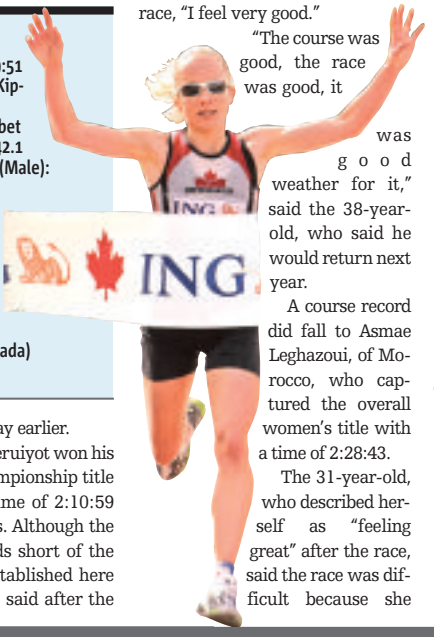
–tracey.tong@metronews.ca

MORE COVERAGE, PAGES 2, 4

And the winners are...

» Top place results by event from the Ottawa Race Weekend, presented by name, country and finishing time:

- Marathon (Male): David Cheruiyot (Kenya) 2:10:59
- Marathon (Female): Asmae Leghazoui (Morocco) 2:28:43
- Marathon, top Canadian (Male): Giitah Macharia 2:16:54
- Marathon, top Canadian (Female): Tara Quinn-Smith 2:33:57
- Half-Marathon (Male): Terry Gehl (Canada) 1:11:22
- Half-Marathon (Female): Marie Danais (Canada) 1:19:51
- 10K (Male): Julius Kiptoo (Kenya) 28:37.0
- 10K (Female): Emebet Bacha (Ethiopia) 32:42.1
- 10K, top Canadian (Male): Eric Gillis 29:33.5
- 10K, top Canadian (Female): Kathy Tremblay 34:46.7
- 5K (Male): Kyle Desormeaux (Canada) 15:30:01
- 5K (Female): Georgette Mink (Canada) 17:48:06



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ottawa

About 165 Grade 7-8 students from the Ottawa area learned how to program and design robotics at the sixth annual Ottawa Robotics Competition, held at the University of Ottawa yesterday. METRO OTTAWA

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Getting Cinderellas to prom

Fairy Godmother lends dresses to area teens in need

By **TRACEY TONG**
Metro Ottawa

The "stress of the dress" can complicate any young woman's prom night.

"I was worried because I didn't have the money for one," said Lena Stott, 18, who is attending her boyfriend's Lisgar Collegiate Institute prom next month.

In flies "Fairy Godmother," a local organization that collects and lends dresses to area teens who are unable, for various reasons, to buy their own.

Founded by Melissa Shabinsky and Catherine Whitla, Fairy Godmother has helped outfit hundreds of city girls for prom over six years.

Fairy Godmother, a local organization that collects and lends dresses for proms, takes the stress out of getting a dress for young women like Christina Houle-Bridgman, right.
JAMES MACLENNAN/ FOR METRO OTTAWA

"Sometimes, girls just find themselves in a situation where they can't afford it," said Fairy Godmother volunteer Wendy Morrell. "To think that they want to go but won't be able is really sad."

Jessica Frost went to Fairy Godmother after her mother, Anne, suggested she check it out. After trying on three dresses, the 17-year-old Nepean High School student settled on a sparkling ankle-length pink-and-orange dress. Volunteers fuss over her, suggesting gold open-toed shoes, a vintage beaded clutch and a gold shawl to accompany it.

Frost's eyes lit up when her mother brought her a mother-of-pearl necklace and matching earrings.

"I love it," she said of the ensemble. "I don't think I need to try any other dresses on."

> « *Sometimes, girls just find themselves in a situation where they can't afford it. To think that they want to go but won't be able is really sad.* »
> *Volunteer Wendy Morrell*

If Fairy Godmother didn't exist, "I'd probably have to pinch pennies to get a dress that I'd only wear once," she said.

"Gowns are so expensive these days," said volunteer Mary Marquardt. "And you have to get the shoes and accessories and get the hair and makeup done on top of it. It's nice that they can save the money for their prom ticket."

At the showroom on Laurier Avenue, masses of purses, jewelry, tiaras and scarves crowd a long table. Shoes, grouped by size, are arranged in several areas on the floor. Clothing racks holding hundreds of dresses in every colour of the rainbow, range from size two to 24.

"I think it's great," said Stott. "I definitely feel like Cinderella."

-tracey.tong@metronews.ca

Bride and groom run to the altar

Couple ties knot, shoes during Race Weekend

By **TRACEY TONG**
Metro Ottawa

The bride wore white, but the groom wore his marathon finisher's medal. And the entire wedding party showed up in runners.

Married 25 years this August, a city couple renewed their marriage vows at a ceremony after running yesterday's marathon at the Ottawa Race Weekend.

running total

» The race weekend brought in $508,500 — and counting — for the foundation, bringing the 10-year total to $5.5 million.

Isabel Cruz and Flavio Caracas said their "I dos" — again — in front of family, friends and fellow runners beneath a tent at city hall yesterday, but not before running 42.2 kilometres with their "wedding party" and about 4,000 others.

The couple, who started running four years ago, finished their fourth marathon — and second Ottawa Race Weekend marathon — with a time of four hours, 21 minutes. They crossed the finish line holding hands.

Although there were tough stretches, running with her husband made it easier, said Cruz, who likened marriage to a marathon.

"You have uphills and downhills," she said.

"We've very proud of them," said bridesmaid Donna Davis. "They're such a great couple."

"Marriage, like a marathon, is an extreme test of endurance," said Caroline Elson, a lay chaplain with the Unitarian church and the couple's yoga instructor. "We get out of a marriage, or a marathon, what you put into it. But unlike a marathon, a marriage takes two."

The couple raised $3,000 for the Ottawa Hospital Foundation, said foundation spokeswoman Ingrid Gingras.

"This is really cute," Gingras said of the ceremony, "a great example of love after 25 years."

-tracey.tong@metronews.ca

Golden days **Splash of summer**

JAMES MACLENNAN/FOR METRO OTTAWA

Haitem Kably, age 3, plays in the water fountains at Festival Plaza in front of Ottawa City Hall on the weekend. While May has been intermittently marked by rain, when the sun has shone, the capital's springtime has been nothing short of glorious in 2008.

»news In Brief

» **ABDUCTED** A man abducted and assaulted a woman in the back of a vehicle while the assailant's male accomplice continued to drive around the city, police report. A woman was walking alone at Belfast Road and Terminal Avenue at 4 p.m. Thursday when two males driving in a silver four-door vehicle approached. Without speaking to her, the passenger exited the vehicle, grabbed the woman and forced her into the vehicle's back seat. The suspect sexually assaulted the woman as the other man continued to drive around. The victim was later let out in the area of Innes and Cyrville roads. Anyone with information can contact police at 613-236-1222 ext. 5944.

» **BUST** Ottawa police have charged two men in relation to an auto theft fraud ring. Members of the ring attended 11 dealerships in Ontario and Quebec and purchased vehicles using fraudulent credit card data, stolen identification and fraudulent financing. Dozens of people's personal identities were stolen. The stolen vehicles were destined for shipment to the Republic of Congo via Montreal. Patou Akwansoki, 28, of Toronto and Eric Manzoangani, 42, of Montreal are charged jointly with 72 fraud-related offences.
METRO OTTAWA

Weapons brandished in two store robberies

By **TRACEY TONG**
Metro Ottawa

In the second such theft of the weekend, two knife-wielding men robbed a city business early yesterday, although police are not yet drawing a link between the two holdups.

At 3:47 a.m. yesterday, two men entered the 7-Eleven store at 163 Bell St., where they forced the clerk to give them the cash register drawer at knifepoint, said Ottawa police Sgt. Martin LeBlanc. The suspects fled with an undisclosed amount of cash. There were no injuries.

Police seek two suspects. Both are described as English-speaking, white males, about five-foot-nine, with thin builds. Those descriptions roughly match the suspects in a Friday afternoon robbery, in which two men brandishing knives held up the Bayshore Pharmacy at 3029 Carling Ave.

info

» Anyone with information can call Ottawa police at 613-236-1222, ext. 5212.

Police, however, said it was too early in the investigation to draw a link between the two.

In Friday's theft, the suspects approached the pharmacist and demanded narcotics. There were no injuries.

In yesterday's incident, the first suspect was wearing a dark jacket with a white stripe, a dark hooded shirt, a dark baseball cap with a white brim, dark-coloured pants and white shoes. He was armed with a large kitchen knife.

The second suspect was wearing a dark-coloured jacket with a black and white camouflage-patterned hooded sweatshirt underneath, dark jeans and white shoes. He also had a black bandana covering his face and was armed with a knife.

-tracey.tong@metronews.ca

New transit process rings a bell

Easy-to-use system necessary for commuters

ON TRACK
NADINE DOOLITTLE
nadine.doolittle@metronews.ca

I blame the bells at city hall on Wednesday for this week's transit debacle.

I was dashing to Slater and Elgin to get the 31 (which is not listed there, or anywhere else it stops downtown, for reasons known only to OC Transpo planners) when I slowed to listen to the chiming of the bells on that drizzling afternoon.

The moment could not have been more auspicious if it had been the white smoke at the Vatican to announce the next pope. This was the day Ottawa's transit plan was being debated at a joint meeting of the transit and transportation committees. History was in the making.

The 31 roared past. No problem, I thought, there will be another.

Foolish me — I had memorized the fastest route given by the planner and ignored the rest. As I waited for the next 31 to arrive, I pondered the city's transit future and what I hoped to gain from the adopted plan.

A rain-soaked 15 minutes later, I no longer cared about future transit, I would have settled for a horse.

I got the 33 instead. Why, I don't know. Desperate people do desperate things. I had this crazy idea the driver would call out the stops and I'd get off somewhere close to my destination and then walk.

The bus was standing room only. Maybe OC Transpo drivers don't realize this when they decide not to call out the stops, but when a passenger is standing, she doesn't have a prayer of reading the street signs — if such things existed in the suburbs, which they don't.

As soon as we exited the Transitway, I had no idea where I was. Lacking the usual commuter survival gear — cellphone, GPS, BlackBerry, gorp — my chances on the outside were slim.

Then, civilization appeared in the form of a drug mart, where staffers let me use the phone to call for help and I could buy bulk chocolate to steady my nerves.

As for my wish list for Ottawa's transit plan? It doesn't include a guaranteed seat or a commute that beats the speed of sound. But a homogeneous transportation system that is rational, consistent and can be navigated by the average tourist.

For that, I'll ring the bells at city hall myself.

Nadine Doolittle is an award-winning writer and a dedicated public transit user for the past 35 years in Vancouver, Toronto, Montreal and now Ottawa. Needless to say, she's saved the best for last.

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a capital weekend

A collection of images reflecting the weekend that was in Ottawa-Gatineau.

From world-class athletes and fashionistas to worthy causes and great garage sales, the capital region was abuzz this weekend

JAMES MACLENNAN/FOR METRO OTTAWA (3)

JAMES MACLENNAN/FOR METRO OTTAWA

ABOVE: Arts Court was host to the weekend's ongoing Ottawa Fashion Week. Area models and designers showcased the latest in local fashion during an event designed to feature industry up-and-comers from the capital region.

LEFT: In one of the most exciting finishes in recent Ottawa Race Weekend history, Julius Kiptoo of Kenya edges Emebet Bacha of Ethiopia at the line to win both the men's 10-kilometre race and the Gender Challenge by a margin of 0.15 seconds, with a time of 28:37.0. **FAR LEFT:** Participant Caroline Gendron composes herself after completing the MDS Nordion five-kilometre race. The races on Saturday drew a combined total of more than 30,000 runners. **BELOW LEFT:** David Wilcox performs on stage at Festival Plaza for runners and spectators of the MDS Nordion five-kilometre and 10-km races as part of the Ottawa Race Weekend.

ABOVE: Soheila Dalvand hangs a T-shirt during The Clothesline Project on Elgin Street on Saturday — an event to air the "dirty laundry" of violence against women, featuring T-shirts made by women who have been personally affected by the issue.

JAMES MACLENNAN/FOR METRO OTTAWA

ABOVE: Thousands of bargain hunters packed the streets of the Glebe early Saturday morning on a hunt for second-hand treasures during the annual Great Glebe Garage Sale.

JAMES MACLENNAN/FOR METRO OTTAWA

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canada

Canadians should avoid unlicensed drugs that claim to improve sexual performance because they could cause problems such as loss of consciousness, prolonged erections and chest pain, Health Canada said Friday. REUTERS

Immigration vote coming

Tory plan to ease applicant backlog still under fire

It is the nearly a million cases caught in Canada's huge immigration backlog, that has prompted Immigration Minister Diane Finley to call for "urgent action" to modernize a dysfunctional system.

funds
» The Tories have pledged $109 million over five years to bring the backlog down

The government's proposed changes to the Immigration and Refugee Protection Act are to be voted on in the coming weeks. No one disputes the long waits are unacceptable. But a growing number of immigration experts and community groups say Finley's proposal will not reduce the backlog and will, in fact, lengthen the wait because the amendments only apply to new applications filed after Feb. 26.

If passed, the legislative changes would give Finley the power to reject applications even if they meet all the criteria and instruct officials to cherry-pick immigrants based on labour market needs. The government has embedded the controversial changes in the budget bill, turning the immigration plan into a confidence vote — a move the Grits were ill-prepared for. TORSTAR NEWS SERVICE

Beach **Fun in the sun**

RAFE ARNOTT/METRO VANCOUVER

A competitor sets up the ball for a spike in the semifinals of the Kits Classic Pro Beach Volleyball Tournament in Vancouver yesterday. Winners of the professional tournament advance to the Corona Extra Open — at the same beach in July — which offers $15,000 in prize money.

G8 eyes post-Kyoto pact

The Group of Eight rich nations will likely agree to an "aspirational" target for cutting greenhouse gas emissions by 2050 but shun mid-term goals at a July summit, the top UN climate official said yesterday.

Kyoto
» 190 nations have agreed to negotiate by 2009 a successor treaty to the Kyoto pact.

Ministers and representatives from the G8 and major emerging countries gathered this weekend in Japan to try to build momentum for UN-led climate change talks, but remained at odds over who should do what when.

G8 leaders agreed last year to consider seriously a goal to halve global emissions by 2050, a proposal favoured by Germany, France, Britain, Italy, Japan and Canada.

But with wide gaps within the G8 on how to share the burden for fighting the climate change that goal is unlikely to be met. REUTERS

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ontario

Tory supporters looking for boost

POLITICS As more than 1,500 Progressive Conservative supporters gather in Toronto for a conference, many hope embattled party leader John Tory will finally announce how he plans to win a seat.

"Monday's got to be a turning point," said one MPP, who requested anonymity. "We need him to electrify us with a bolt of energy. It's time that we had a vision statement and a plan of action."

Sources told Torstar News Service that, behind the scenes, loyalists have been working feverishly to coax a Conservative MPP into vacating his or her riding so the Tory leader can run in a by-election and try to win a seat. TORSTAR NEWS SERVICE

»news In Brief

» **AFGHANISTAN** Two separate bomb blasts hit Kandahar City yesterday, killing a teenage boy and wounding four Canadian soldiers. METRO NEWS SERVICES

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is 6 weeks with a study follow up period of 6 weeks, and includes a physical exam, blood tests, and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 21-60 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

Ottawa Psychopharmacology Clinic
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	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

If you have answered "yes" to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time, (24 hrs.) leave your name and phone number on our confidential voice mail:

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world

Robert Knox, a teenage actor who will appear in the forthcoming Harry Potter And The Half-Blood Prince, was stabbed to death in a brawl outside a south London bar early Saturday as he tried to protect his brother Jamie, left, from a knifeman. METRO NEWS SERVICES

Phoenix touches down

NASA probe to assess Mars' ability to sustain life

A small science probe blazed through the salmon-coloured skies of Mars yesterday, touching down on a frozen desert at the planet's north pole to search for water and assess conditions for sustaining life, NASA officials said.

The spacecraft, known as Phoenix, landed at 7:53 p.m. after a do-or-die plunge through the planet's thin atmosphere and thruster-jet landing to the Mars surface. It marked the first time a spacecraft had successfully landed at one of the planet's polar regions.

"It was a hell of a lot scarier than the two Mars rovers," NASA's space sciences chief Ed Weiler said, referring to the cushioned landings of the Spirit and Opportunity rovers.

Pulled by Mars' gravity, Phoenix was tearing along at 12,700 mph before it entered the atmosphere, which slowed the craft so it could pop out a parachute and fire thruster rockets to gently float to the ground.

Scientists found in 2002 that Mars' polar regions have vast reservoirs of water frozen beneath a shallow layer of soil. Phoenix was launched Aug. 4, 2007, to sample the water and determine if the right ingredients for life are present. REUTERS

Singapore **Water Fools**

VIVEK PRAKASH/REUTERS

Performing artists from the French troupe Ilotopie perform the piece Water Fools on the Singapore River as part of the opening celebrations of the Singapore Arts Festival.

disaster

Conditions put on Myanmar aid cash

CYCLONE Myanmar was promised nearly $50 million US in cyclone aid yesterday, but some Western donor countries said their cash was contingent on the junta keeping its word on letting in foreign aid workers. REUTERS

Aftershock rocks recovering China

A strong aftershock jolted southwest China yesterday, killing at least one person and injuring 400 others, state media said, nearly a fortnight after a big earthquake killed tens of thousands in the same area.

More than 70,000 houses were toppled during yesterday's tremor in Qingchuan, Sichuan province, state television reported. The 5.8 magnitude aftershock was epicentred 40 kilometres west-northwest of Guangyuan, the U.S. Geological Survey said.

A local official in Guangyuan county said one person was killed and 24 hurt in collapsed houses or landslides, Xinhua state news agency reported.

Premier Wen Jiabao, who believes the overall death toll from the May 12 quake could exceed 80,000, has said the main concerns are secondary disasters like flooding and landslides, epidemics, and providing shelter for the 5 million displaced. REUTERS

»news In Brief

» **ELECTION** Lebanon's parliament elected army chief Michel Suleiman as head of state yesterday, reviving paralyzed state institutions after an 18-month standoff between a U.S.-backed government and the Hezbollah-led opposition. REUTERS

SAVING 8,000 LIVES PER YEAR IN ONTARIO: HOW CAN WE DO IT?

In Ontario, close to 8,000 lives could be saved every year and the quality of life improved for many more by better managing serious chronic diseases like diabetes or heart disease.

The facts don't lie. Less than half of patients with diabetes are meeting their targets for blood sugar or blood pressure control. Many don't get regular lab tests or eye exams frequently enough. Hundreds of thousands of patients with heart disease are not on medications that are right for them. When that happens, people get complications that could be avoided, like strokes, heart attacks, blindness, amputation and premature death.

The Ontario Health Quality Council has identified several areas where improvement could help save lives:

- A health-care system that enables patients to have timely, regular access to a family doctor.
- A health-care system that supports people with chronic conditions to manage their conditions themselves.
- A health-care system that has adequate information technology in hospitals and clinics.

Right now, our system cannot routinely track whether patients with diabetes, heart disease or other conditions are meeting their targets for control of their disease, or are getting the right drugs and treatments.

What can you do?

The Ontario Health Quality Council discusses these important issues and more in their 2008 report, now available at **www.ohqc.ca**. Please visit our website to learn more.

Ontario
Ontario Health Quality Council
Conseil ontarien de la qualité des services de santé

The Ontario Health Quality Council is an independent agency funded by the Government of Ontario through the Ministry of Health and Long-Term Care. The Council reports directly to Ontarians on access to publicly funded health services, human resources in health care, consumer and population health status, outcomes of the health system. The Council also has a mandate to support quality improvement in the health-care system.

business

A work by Chinese artist Zeng Fanzhi sold for $9.66 million US on Saturday, a new auction record for an Asian contemporary artwork, at auctioneer Christie's first evening sale of such art in Hong Kong. REUTERS

»news In Brief

» **OIL** OPEC-member the United Arab Emirates is ready to boost oil output if necessary, UAE Oil Minister Mohammed al-Hamli said yesterday. Hamli declined to say if the UAE planned to boost output in June.

» **PHARMACEUTICALS** The World Health Organization's member governments overcame a rich-poor rift over how to manage intellectual property on Saturday and endorsed a strategy to help developing countries access more life-saving medicines. The WHO's membership has been split over about how and whether to revamp the prevailing patent system, which critics argue make drugs unaffordable to many.

» **FOOD** Mexican President Felipe Calderon said yesterday he would eliminate import tariffs on corn, rice, wheat, sorghum and other products to prevent shortages amid pressure in global food markets. REUTERS

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Metro Ottawa
130 Slater Street, Suite 300
Ottawa, ON K1P 6E2
main: 613-236-5058
toll free: 1-888-916-3876
fax: 1-866-253-2024
sales: 613-236-5058
editorial:ottawaletters@metronews.ca
website: www.metronews.ca

• **Publisher** C. Dave Kruse
• **Editor-In-Chief** Dianne Rinehart

• **Managing Editor** Derek Gordanier
• **Interactive Director** Jodi Brown
• **Marketing Manager** Ian Clark
• **Distribution Manager** Bernie Horton
• **Distribution inquiries** ottawa_distribution@metronews.ca
• **Group Publisher, Metro English Canada** Bill McDonald

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Tiny Bullfrog making a splash

Bullfrog Power, the purveyor of "green" electricity has in less than three years made itself synonymous with renewable power, despite being a tiny swimmer in Ontario's energy pond.

The company handles a minuscule fraction of the electricity generated in the province — just three ten-thousandths of a per cent, or 0.0003. Yet, it's de rigueur for those who wish to be on the side of the environmental angels to announce they're "bullfrogpowered."

Like Direct Energy and other providers, Bullfrog buys power in bulk and resells it, with the energy going into the grid, not directly to customers' homes. But unlike other resellers, all its electricity comes from wind-powered or small hydro generating stations.

TORSTAR NEWS SERVICE

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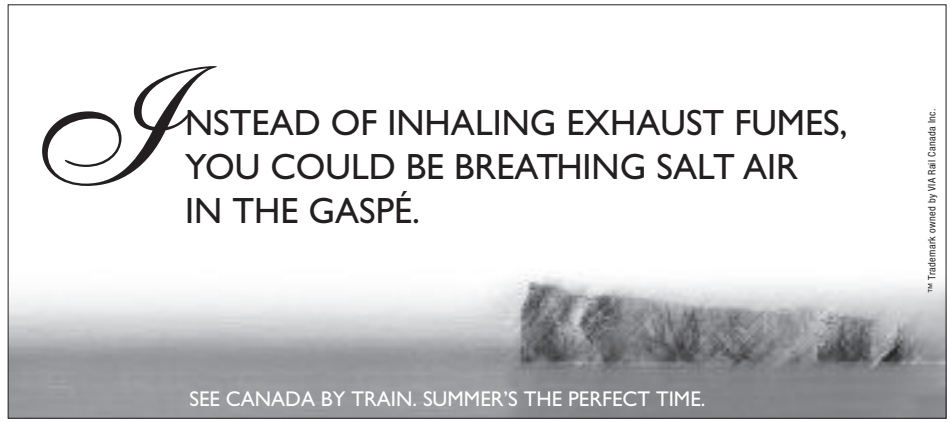

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goinggreen

Clean — or replace — your furnace filter. According to the Ontario Conservation Bureau, a clean filter can cut your energy use by 5 per cent.

TORSTAR NEWS SERVICE

Litterbugs are a pest to wildlife

EARTH TONES
SOPHIA DORE & ANDREW LAURSEN
earthtones.metro@gmail.com

Last week we were in Monterey, Calif., for a conference and visited the Aquarium on Cannery Row. If you ever find yourself in Monterey, the Aquarium is excellent and well worth the price of admission, but that's not the point of the story.

An injured albatross makes its home at the Aquarium, and its keepers were talking about some of the threats these magnificent birds face.

An albatross nesting on atolls in the middle of the Pacific may fly as far as the California coast foraging for food on the open ocean before returning to feed chicks. They scan the surface looking for food, any small fish or invertebrates. Unfortunately, what they often swallow is plastic.

There are several major gyres in the world's oceans. These are areas where ocean currents form a vortex and the water at the centre of the vortex is relatively still. Trash that is carried to the centre of these gyres is retained and concentrated. According to a white paper prepared by the Algalita Marine Research Foundation, in the North Pacific Central Gyre the quantity of plastic debris is more than six times greater than that of zooplankton (small animals that are eaten by birds, fish, and sea turtles).

«We need to be careful about what we do with our garbage, especially plastics. Overflowing trash bins, carelessly discarded garbage, or scraps that escape our recycling bins can all get into the environment …»

While visiting the Aquarium, we were shown a bottle that contained the stomach contents of a dead albatross chick. Most of the contents were familiar — a few caps from plastic pop bottles, a cigarette holder, scraps of plastic bags, beads, etc. A study cited in the previously mentioned white paper estimated 40 per cent of all premature albatross chick deaths were related to ingestion of plastics collected by parents at sea.

But this isn't just about the albatross. Oceanic gyres are naturally rich foraging areas for a variety of animals such as birds, fish, and sea turtles, and many species feeding in these areas of the ocean are affected by our waste. One study estimated more than 250 marine species are harmed by plastics, either through ingestion or entanglement.

This article is also not just about marine animals we do not encounter in central Canada. Watch a pigeon on the sidewalk and you will see it sampling a variety of different "foods" including cigarette butts and bits of plastic, especially if it is a food wrapper. Maybe pigeons don't inspire much sympathy, but many animals, particularly visual feeders, are not good at distinguishing food from debris. Think about how easy it is to trick a fish into striking a plastic fly.

We need to be careful about what we do with our garbage, especially plastics. Overflowing trash bins, carelessly discarded garbage, or scraps that escape our recycling bins can all get into the environment and be mistaken for food (perhaps here or after it has been transported thousands of kilometres).

Minimize the chances for your garbage to escape. If you have street-side recycling and garbage pickup, take it out in the morning and give the raccoons and neighbourhood cats less time to tear open the bags. Cover your recycling bins so the wind doesn't carry away the lighter scraps.

Enjoy the wildlife, but please do not feed the animals (your trash).

Andrew Laursen is an assistant professor at Ryerson University, studying ecosystem ecology. Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates, an environmental consulting company.

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energy

Conservation week begins today

INITIATIVE Today marks the beginning of Ontario's first Energy Conservation Week, a grassroots provincewide initiative to highlight the importance of energy conservation.

Events during the week will demonstrate ways to conserve energy at home, at work and at school.

Today is Electricity Impact Day. Almost 40 per cent of an institutional building's electricity is consumed by lighting systems.

Tomorrow is the Tieless Tuesday Challenge.

Wednesday is Save The Watt Wednesday.

Thursday is Count Every Kilowatt Day.

For more, see *www.energyconservationweek.ca*.

METRO NEWS SERVICES

sports

Scott Dixon, left, of New Zealand held on from pole to win the 92nd annual Indianapolis 500 yesterday. Danica Patrick was knocked out of the race in a pit lane crash. REUTERS

»sports In Brief

» **HOCKEY** Dustin Tokarski made 53 saves en route to MVP honours as the Spokane Chiefs defeated the host Rangers 4-1 yesterday in the Memorial Cup final in Kitchener, Ont. The Chiefs are just the fourth American-based team to win the Canadian Hockey League title, and first since the Portland Winter Hawks in 1998.

» **BASEBALL** The Ottawa Rapidz lost out on a chance to split their inaugural four-game weekend series with the visiting New Jersey Jackals yesterday, falling 15-6 in Can-Am League action. Kyle Geiger hit the Rapidz first ever home run in the losing cause.

» **GOLF** World No. 2 Phil Mickelson conjured a magical birdie on the final hole to win his second Colonial Invitational title by a shot yesterday over Australia's Rod Pampling.

» **NBA** Chicago Bulls player Joakim Noah was charged by police in Florida yesterday with possession of marijuana. Noah was also charged with carrying an open container of alcohol.

METRO NEWS SERVICES

Pens shuffle deck after Game 1 loss

Dupuis bumped off Crosby's line

By **MATTHEW WUEST**
Metro Halifax

The Pittsburgh Penguins aren't wasting any time shaking up their lineup in the Stanley Cup final.

Penguins head coach Michel Therrien has made changes to every line, including that of superstar captain Sidney Crosby, following Saturday's ugly 4-0 loss to the Detroit Red Wings in Game 1.

Game 2 is tonight at 8 in Detroit.

Crosby, who had three shots and a minus-1 rating on Saturday, will have Ryan Malone on his left wing instead of Pascal Dupuis. Sniper Marian Hossa stays on the right side.

Crosby

Malone, who had skated with Evgeni Malkin and Petr Sykora, has been replaced by Maxime Talbot. Dupuis goes to the third line with Jordan Staal and Tyler Kennedy, while veteran Gary Roberts will return to the lineup on the fourth line.

"We've done it (changed lines) all season, so I don't think it's a huge deal," Crosby said in a press conference yesterday. "I don't think anybody's role changes when they change lines. It's just different looks and sometimes it depends on who coach wants to play certain lines against and how they match up."

Crosby said he is happy with his matchup against Detroit's top line of Pavel Datsyuk and Henrik Zetterberg.

"I wouldn't change anything, to be honest," Crosby said. "We had our chances and we didn't put them in. I don't think they did a whole lot to shut us down completely."

Therrien said Game 1 was Pittsburgh's "worst performance of the playoffs" but is hopeful the line changes will help.

"Every team has to make adjustments through the course of the playoffs," Therrien explained. "We believe those adjustments are going to help us to get success."

SCOREBOARD

NHL

STANLEY CUP FINAL
PITTSBURGH VS. DETROIT
Game 1 — Saturday
Detroit 4 Pittsburgh 0
Game 2 — Tonight
Pittsburgh at Detroit, 8
Game 3 — Wednesday
Detroit at Pittsburgh, 8
Game 4 — Saturday, May 31
Detroit at Pittsburgh, 8
*Game 5 — Monday, June 2
Pittsburgh at Detroit, 8
*Game 6 — Wednesday, June 4
Detroit at Pittsburgh, 8
*Game 7 — Saturday, June 7
Pittsburgh at Detroit, 8
(Detroit leads series 1-0)
(* – if necessary)

NBA

CONFERENCE FINALS
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 3 — Saturday
Boston 94 Detroit 80
Game 4 — Tonight
Boston at Detroit, 8:30
Game 5 — Wednesday
Detroit at Boston, 8:30
*Game 6 — Friday
Boston at Detroit, 8:30
*Game 7 — Sunday, June 1
Detroit at Boston, 8:30
(Boston leads series 2-1)
WESTERN CONFERENCE
L.A. LAKERS VS. SAN ANTONIO
Game 3 — Last night
San Antonio 103 L.A. Lakers 84
Game 4 — Tomorrow
L.A. Lakers at San Antonio, 9
*Game 5 — Thursday
San Antonio at L.A. Lakers, 9
*Game 6 — Saturday, May 31
L.A. Lakers at San Antonio, 8:30
*Game 7 — Monday, June 2
San Antonio at L.A. Lakers, 9
(L.A. Lakers lead series 2-1)
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
L.A. Angels 2 Chicago White Sox 0
Minnesota 6 Detroit 1
N.Y. Yankees 6 Seattle 5
Oakland 6 Boston 3
Tampa Bay 5 Baltimore 4
Texas 2 Cleveland 1 (10 ings)
Toronto 3 Kansas City 1
NATIONAL LEAGUE
Arizona 9 Atlanta 3
Colorado 4 N.Y. Mets 1
Florida 8 San Francisco 6 (Gm 1)
Florida 5 San Francisco 4 (Gm 2)
L.A. Dodgers 4 St. Louis 3 (10 ings)
Philadelphia 15 Houston 6
Pittsburgh 6 Chicago Cubs 5 (11 ings)
San Diego 12 Cincinnati 9 (18 ings)
Washington 7 Milwaukee 6
TODAY'S GAMES
AMERICAN LEAGUE
Kansas City at Toronto, 12:37
N.Y. Yankees at Baltimore, 1:35
Chicago W. Sox at Cleveland, 7:05
Texas at Tampa Bay, 7:10
Detroit at L.A. Angels, 9:05
Boston at Seattle, 10:10
NATIONAL LEAGUE
Arizona at Atlanta, 1:05
Milwaukee at Washington, 1:35
L.A. Dodgers at Chicago Cubs, 2:20
Colorado at Philadelphia, 7:05
Florida at N.Y. Mets, 7:10

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER, ONT:
FINAL
Yesterday
Spokane 4 Kitchener 1

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:
YESTERDAY'S RESULT
New Jersey 15 **OTTAWA** 6
TONIGHT'S GAME
OTTAWA at Atlantic City, 6:30

LOTTERIES

Friday, May 23, 2008
Lotto Super 7 6, 14, 15, 27, 29, 34 & 39. Bonus 25.
Ontario Pick 3 5 2 8
Ontario Pick 4 5 7 2 0
Encore 0655322
Daily Keno 3, 7, 8, 9, 11, 12, 27, 30, 31, 33, 35, 36, 41, 44, 47, 51, 54, 65, 68, 69.
Saturday, May 24, 2008
Lotto 6/49 3, 16, 22, 39, 42 & 49. Bonus 28.
Ontario 49 18, 31, 34, 43, 48 & 49. Bonus 35.
Lottario 3, 16, 18, 20, 23 & 38. Bonus 29.
Early bird 12, 20, 27 & 36.
Ontario Pick 3 2 9 1
Ontario Pick 4 8 5 0 9
Encore 8894404
Daily Keno 1, 4, 13, 14, 15, 18, 19, 24, 28, 29, 30, 33, 38, 46, 49, 50, 54, 63, 65, 70.
Sunday, May 25, 2008
Ontario Pick 3 7 7 4
Ontario Pick 4 0 5 8 4
Encore 6079875
Daily Keno 3, 10, 18, 24, 25, 27, 28, 29, 35, 38, 41, 43, 44, 45, 46, 47, 49, 54, 58, 62.
Results not official

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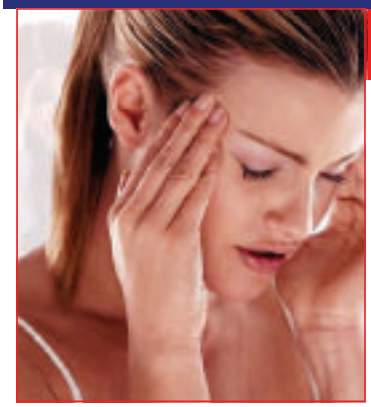

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- Some types of cancer, such as breast cancer, Hodgkin's disease, lymphoma

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- Undergo a full chiropractic evaluation.
- Make a follow-up appointment to review the results of the evaluation and receive their Vitality Wellness Index™

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workology

Accountemps has cited seven common job search mistakes, one of them being thinking small: Spread the word about your job hunt to everyone you know, including friends, professors and former co-workers. METRO NEWS SERVICES

Coping through the grapevine

Viticulturist regains strength while following dream

By **RAFAEL BRUSILOW**
for Metro Ottawa

Paula Moulton's world shattered in 2003, when her husband of 19 years, Chuck, was killed in a car accident.

Instead of falling into despair, however, Moulton decided to support her three kids and honour her husband's memory by forging ahead with her dreams.

The tragedy happened just three days before Moulton's first book — a collection of personal wisdom titled Seasons Among The Vines: Life Lessons From The California Wine Country — was about to be published.

Her husband had been an orthopaedic surgeon serving thousands of clients and teamed with Moulton's knowledge of grapes (she has a degree in viticulture as well as a writing degree) they had owned two dozen acres of grapevines near San Francisco, selling grapes to several wineries in California's famous Sonoma wine region.

Overnight, Moulton had to take the financial reins — she sold all 24 acres of grapevines and began running the orthopaedic practice, hiring new doctors and keeping the office afloat, while the emotional wounds were still fresh.

"I was mourning as I was going through it. It was like stepping into someone's shoes overnight. There was of course a lot of change, a lot of pain," Moulton said.

She said fear of letting her kids down motivated her.

"I thought, 'I have to teach them to move on, to have a life.' Whenever I felt, 'I can't do this,' I thought about my kids."

Moulton, 48, runs her own winery in Sonoma, which she and her kids named Midnight Moulton, her deceased husband's nickname. She remarried a year ago and has a second book on the way, aimed at helping people who have lost something.

"You do have the power to make decisions in your life. You don't have the power to change the past, or even what might happen to you today, but if you can just pull the positive things out of an experience, you can move on with your life."

PHOTO SUBMITTED

Paula Moulton, who lost her husband, now runs her own winery in Sonoma, Calif.

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Almost 30% of Canadians aren't taking time off

By **RAFAEL BRUSILOW**
for Metro Ottawa

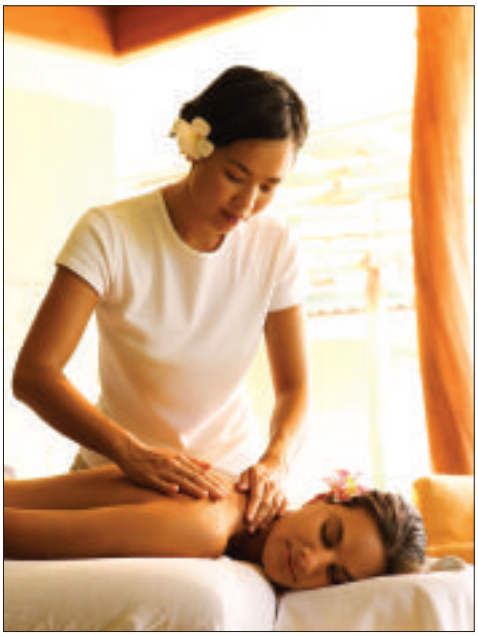
Feeling vacation-deprived? Join the club — a new Ipsos-Reid survey shows 29 per cent of Canadians do not take all their vacation days every year and 33 per cent agreed they feel vacation-deprived at work.

The survey, in its sixth year and released by online travel portal *Expedia.ca,* found that lack of time, too much work, restrictive and unsupportive vacation policies at work and workload guilt from bosses and co-workers all contributed to fewer people taking vacation days. Only 21 per cent of Canadians missed taking all their vacation days in the same study last year.

"People have a hard time taking a vacation when they're too busy to get away," said Beverly Beuermann-King, a stress and wellness expert from Toronto involved with the study.

Beuermann-King says in her experience, people who don't take vacations often think they are being more productive but in fact show much higher rates of absenteeism, drug use and disability claims than people who take a regular break.

"Not taking a vacation is a symptom of not having that work-life balance. If you don't have time to take your vacation, then what else do you have time for?" she said.



Choosing the right vacation is important as people in repetitive jobs often find joy in adventure, while people in stressful jobs tend to prefer something relaxing.

> *« Not taking a vacation is a symptom of not having that work-life balance. If you don't have time to take your vacation, then what else do you have time for?»*
> Beverly Beuermann-King

For most people, a few days of fun and relaxation can make a big difference, but others may need to put their foot down and commit to some real time off.

"If you haven't had a vacation in five years, a long weekend probably isn't going to make you feel rejuvenated," Beuermann-King said.

Getting into "vacation mode" can take a few days so Beuermann-King says to plan for a one- to two-week vacation if you need a longer break. Knowing yourself is also key to choosing the right vacation: people in repetitive jobs often find joy in doing something tense and adventurous, whereas people in stressful jobs tend to prefer something relaxing like lying on a beach, being served and not having to think about much of anything.

Sean Shannon, managing director of *Expedia.ca,* says even though the study is in its sixth year, he still finds the results a bit shocking.

"It always astounds me that there are hardworking Canadians who don't use their vacation days," he said.

E-mails and duties can pile up upon return, so Beuermann-King recommends a little trick: tell people you're coming back one day later than you actually are — this will leave you with one whole day to check messages and set things back in order. Forget vacation envy and take charge of your time off.

staying in contact even on vacation

» As workers prepare to enjoy the start of the summer vacation season, for some, the won't mean being free of the office. A quarter of workers, up from 20 per cent in 2007, said they plan to stay in contact with work while on vacation, and close to one in ten (9 per cent) said their bosses expect them to be working or at least checking e-mail while on vacation, according to the *CareerBuilder.com* annual vacation survey. Fifteen per cent of workers said they gave up vacation days in 2007 because they didn't have time to use them, with 9 per cent giving up four or more days. Comparing industries, sales workers (50 per cent) lead in the number of workers planning to check in while away on vacation, followed by 37 per cent of both financial services workers and IT workers.

METRO NEWS SERVICES

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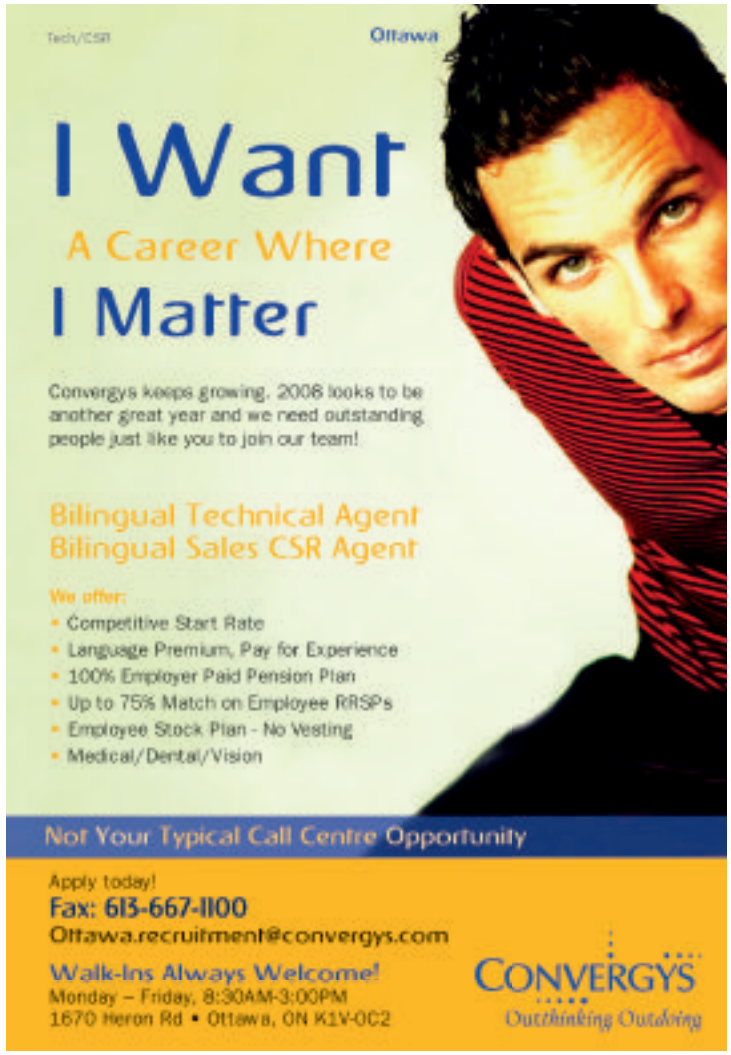
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entertainment

The voice of Lisa Simpson, actress Yeardley Smith Erikson, left, has filed for divorce from her husband of four years.

IMDB.COM

followup

Winehouse talks about new album

Winehouse

MUSIC Singer Amy Winehouse describes her new album as "lovelorn," Ananova.com reports.

The followup to Back To Black is apparently taking inspiration from her relationship woes. Husband Blake Fielder-Civil is currently in prison awaiting charges for grievous bodily harm.

charity

Chan planning earthquake film

MOVIES Jackie Chan is planning to make a film about the Chinese earthquake to raise money for survivors, BBC News Online reports.

The action hero is meeting directors and scriptwriters to get the project off the ground.

METRO NEWS SERVICES

Idol champ keeps his cool

Despite criticism, David Cook never lost confidence

By **SANDY CAETANO**
for Metro Ottawa

Before being crowned the new king of American Idol, David Cook had many hurdles to jump over including criticism from the judges.

> *« I just want to make a record that's going to make the hair on the back of your neck stand up. »*
> David Cook

When you're in a singing competition of this magnitude, competitors have to deal with the stress of learning new songs each week in addition to people nitpicking song choices, vocal talents and outfits.

Judge Simon Cowell was one of Cook's toughest critics. He put Cook's performances down numerous times and even called him cocky and pompous. However, Cook says he never let it get to him or change who he was.

"I went into this with kind of a different perspective from everybody else. I didn't have any expectations as to what the show was going to do for me or what I was going to do for the show," says Cook. "I just went into (it) as an opportunity to expose myself musically to a large audience. So my confidence level really never wavered and maybe that's what got misinterpreted as cocky or arrogant."

From Day 1, Cook understood the brevity of the situation but chose not to get wrapped up in it. For him the focus was on enjoying the experience.

GETTY IMAGES FILE PHOTO

American Idol champ David Cook is working on a new album.

Cook's first album coming out of the Idol gate is going to feature a mixture of his own work as well as contributions from others. His priority is to release a solid and successful record.

more online

» For an interview with American Idol runner-up David Archuleta, go to *metronews.ca*.

"The ideal release date is as soon as possible if you're asking me, but obviously these things take time," says the 25-year-old former bartender from Blue Springs, Mo. "As far as the type of record, it'll probably be a rock record, but I think that's a pretty vague generalization. I just want to make a record that's going to make the hair on the back of your neck stand up."

As for fellow competitor David Archuleta, Cook has only warm words.

"He's just an amazing human being, so I was just honoured to share the stage with him."

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Think you can dance? Prove it

Montreal next stop on show's audition tour

By **SANDY CAETANO**
for Metro Ottawa

The So You Think You Can Dance Canada cross-country audition tour is almost complete, with only Montreal and Toronto left to scour for talented dancers.

If you've got the moves then you know what you've got to do. The Montreal auditions take place tomorrow at Theatre St-Denis (1594 St-Denis St.). Those wishing to audition should be in line by 9 a.m. to be guaranteed an audition.

Armstrong

Hundreds have shown up to showcase their dance routines and fancy footwork from Vancouver to Halifax, and with only two cities remaining, time is running out for those looking for a shot at stardom.

SYTYCD Canada judge Tré Armstrong has some tips for contestants. "Always keep moving when you're on stage. You are auditioning the moment you hit the lights," she says. "Come prepared to dance. You don't know how far you're going to go or what you'll have to do, so have a roster of moves ready."

Armstrong can't stress enough how nerves can get the best of you. So use your nervous energy and "turn it into usable anxious energy."

And with the start of another season of the American version of SYTYCD, potential contestants can pick up tips on what to do to impress the judges and what they shouldn't do.

A lot of times, while some competitors enjoy letting it all hang out, most tend to play it safe and hold back.

"Dancers tend to play it 'safe.' As in, if the song says 'drop it low' the dancer tends to do a move to demonstrate it. Play around with songs and movement. Take risks and go against the gradient," says Armstrong.

For more details, visit *dance.ctv.ca*.

Bringing hotel luxury home

Palette, mattress, bed linens are key elements

OPUS HOTELS

A guest relaxes in a "Susan" room done in soft periwinkle blue at the Opus Hotel in Montreal; Opus Hotels also have a property in Vancouver's Yaletown. See *www.opushotel.com*.

If we could help your home project give the wonderful feeling you get when checking into a funky hotel, that would be cool, huh? And if we could prove that boutique-hotel style isn't necessarily bank-busting, then that would be even better, n'est pas? Cue this week's episode of The Home Show.

First things first? Luxury, as well as an obvious starting point — the bed. Forget flimsy mattresses that deny you deep, restorative slumber. Our advice is to invest in a top quality model that will cosset you to the max rather than make you feel like you're sleeping on the garden wall.

COLIN & JUSTIN'S INTERIOR DIVINE

We recently created an über-sexy bedroom for a popular Canadian singer, but with her blessing, raided the affordable Sleep Country for an amazing deal. (Did you know that everyone has a different "sleep number" from one to 100 that's calculated on height, weight and so on? Perhaps the reason you're relentlessly tossing and turning is that you're on the wrong type of mattress for your particular body type. Visit *www.sleepcountry.ca* to find out.)

Hotel rooms are designed to stimulate your power-off buttons and are generally decorated in neutral palettes that won't discommode as you try to unwind. Opt for shades like Whisper Bluff or Wayside Inn by Dulux, which are calming and low key.

Oversized headboards are also perfect get-the-look fodder, so shop around for one or buy a large section of thick foam, fix it to a piece of MDF that's the width of your bed and perhaps five-feet high, then cover it all with touchy-feely fabric.

Next up are linens — but we insist you bypass those paper-thin options and go for ones with a high-quality thread count (a measure that refers to the number of threads in each square inch of fabric). However, thread count isn't your only guide to quality. Fabric, construction, yarn type and, of course, pattern and texture should also be deciding factors.

Now it's time to get crafty. Make a cute bed throw to match your headboard by hemming a section of fabric, then tie the look together with cushions in almond, chocolate or caramel. Add shots of palest aqua as an interesting visual diversion.

Good lighting will make or break a hotel room so visit *www.livinglighting.com*. Boxy shapes with controllable light levels are cute and will allow you to change the mood as, ahem, required.

Finally, remember to titillate your nose. Scented candles are a luxury hotel staple, so dot them around your boudoir.

Turn on your flat screen telly (the one concealed in your wardrobe, of course) pour a glass of velvety red vino and settle down for the perfect night away — at home.

HGTV hosts Colin and Justin continue their mission of beautification with their Canadian design series Colin & Justin's Home Show, airing Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. www.hgtv.ca

metro TOP 5IVE

Top 5 TV theme songs, Part 3:

1. Mission Impossible
2. Peter Gunn
3. Mary Tyler Moore Show
4. Twin Peaks
5. Batman

— Rick McGinnis/for Metro Ottawa

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primetime

Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Time Team		The Agenda With Steve Paikin		Midsomer Murders		D-Day to Berlin		Agenda-Paikin
211	331	3	GTV	ET Canada	Entertainment	Bones		House "Resignation"		Durham County		News (N)
-	-	5	SRC	Des squelettes	Houde	Chère Betty (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		La Zone
209	342	6	CHRO	Wheel-Fortune	Jeopardy! (N)	Big Bang Th	30 Rock	Two/Half Men	According-Jim	Comedy Inc.	Comedy Now	News (N)
196	311	7	CTV	eTalk	Degrassi: Next	Corner Gas	Robson Arms	Criminal Minds		CSI: Miami (HDTV)		News (N)
208	303	8	CBC	TBA	Countdown to	NHL Hockey Stanley Cup Final Game 2 -- Pittsburgh Penguins at Detroit Red Wings.						National
-	360	9	NBC	Wheel-Fortune	Wings Gm Day	American Gladiators (N)			Dateline NBC			News (N)
117	713	10	TVA	Qui perd gagne (SC)		Ma Maison Rona		Monk Un inconnu arrive. (SC)		Le TVA 22 heures (N) (SC)		Sucré-salé
-	-	11	QS	Rire et délire	Trois x rien	CSI: NY "Hold-up" (SC)		Men in Trees: leçons		Journal du soir	(10:45) Cent dix pour cent	
137	763	12	TFO	Panorama		Structures de génie		Cet obscur objet du désir ★★★ (1977, Drame)				Insectia (SC)
-	362	13	CBS	Dr. Phil		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (HDTV)		Two/Half Men
216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Adeena Niazi
214	344	15	CITY	Friends	Hollywood	American Gladiators (N)			Entourage	Biography "Hugh Grant"		News (N)
115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
218	345	18	CH	The Insider (N)	E! News	How I Met	How I Met	My Boys	Engagement	Paradise Hotel 2		News (N)
-	361	20	ABC	RTN Presents	Entertainment	Vacation Swap		The Bachelorette (N)				News (N)
512	396	24	CPAC	Revue Politique		L'Heure politique		La Période de questions		Revue Politique		Heure polit.
651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance				News (N)		News
-	-	64	PBS	Business Rpt.	Queen-Cavalry	Antiques Roadshow (N)		American Experience "Truman" (Part 2 of 2) (DVS)				Tavis Smiley
205	312	104	CTV	Degrassi: Next	eTalk	Corner Gas	Robson Arms	Criminal Minds		CSI: Miami (HDTV)		News (N)
502	390	26	NW	News (N)	Newman	CBC News: The National		CBC News: The National		CBC News: The National		National
500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
406	417	27	net	MLB Baseball Texas Rangers at Tampa Bay Rays. From Tropicana Field in St. Petersburg, Fla.						Sportsnet Connected (Live)		Sportsnet Con.
126	730	28	RDI	Dominique Poirier en direct		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal
400	280	30	TSN	That's Hockey! Playoff Edition		Boxing	NBA Basketball: Eastern Conference Final Game 4 -- Celtics at Pistons					SportsCentre
410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
411	457	56	OLN	Exploration	Videos	The Amazing Race 7				Departures "Thailand"		Pilot Guides
417	406	59	SC	Pinks	Pass Time	This Week in NASCAR (N)		SuperCars	Car Crazy	Barrett-Jackson		Pinks
554	544	48	TEL	George-Jungle	Road Runner	Scooby Doo	Futurama	Tripping-Rift	Tripping-Rift	Robot Chicken	Robot Chicken	Tripping-Rift
557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Man of the House ★★ (2005, Comedy), Christina Milian				Falcon Beach		Mystery Hnt.
570	580	29	MM	mmmtop	NoseDive	Tip of Tongue	Tip of Tongue	Celebrity Rehab With Dr. Drew		I Know My Kid's a Star		Popaganda
615	520	31	A&E	CSI: Miami (HDTV)		CSI: Miami (HDTV)		The Andromeda Strain (2008, Science Fiction)				CSI: Miami
628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scn
521	560	34	TLC	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate Plus 8 (HDTV) (N)		Jon & Kate Plus 8 Road		Jon & Kate
145	761	35	TV5	Toute une histoire		Vie privée, vie publique L'amour rime-t-il avec toujours?				Passez au vert	Ville	Journal TV5
616	521	39	SHO	ReGenesis (HDTV)		Cold Squad		Trailer Park	Billable Hours	Damages (HDTV)		House
620	523	40	BVO	Cirque du Soleil's Solstrom		Perreault Dancer		Opium	When Moses Woke		Movin-Railroad	Law & Order
520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs Water snakes.		Canada's Worst Handyman (N)		Daily Planet
575	583	43	CMT	Sessions	Sessions	Top Twenty Tearjerker Videos		Reba	Hope & Faith	Home Improve.	Roseanne	Dedicated
601	562	45	SLC	Women on Top	Til Debt-Part	End of Leash	Spoiled Rotten	Tim Gunn's Guide to Style		Project Catwalk		End of Leash
625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Distraction	Punched Up	Daily Show
294	529	47	TBS	Family Guy	Family Guy	Signs ★★★ (2002, Suspense) Mel Gibson.				Frasier	Frasier	Seinfeld
600	564	49	H&G	House Hunters	Buy Me	Outside	Find Your Style	Property Virgin	Home to Stay	Design U	Parents House	House Hunters
627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Star Trek: Next Gener.		Blood Ties (DVS)		Stargate SG-1
581	566	53	MTV	MTV e2	Cribs (N)	4REAL	Parent Control	Super Sweet	The Paper	The Paper	Life of Ryan	MTV Live
618	524	54	TROP	Tube Tales	Tube Tales	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
522	506	55	HIS	NCIS "High Seas"		Dogfights		Rome "A Necessary Fiction"			Urban Legends	Crime Stories
129	773	60	CD	Biographies "Gaétan Girouard"		Hantise (HDTV)		Manifestes en série (HDTV)		Escrocs		Docu-D (HDTV)
261	394	61	V	Murder, She Wrote		Yes, Minister	Wait for God	McLeod's Daughters (N)		Divine Restor.	Recreat. Eden	Doc
602	567	62	W	Will & Grace	Friends	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
269	350	70	APTN	La piqure	Desti'Nations	Notre Peuple		Les Dieux sont tombés sur la tête ★★★ (1981, Comédie)				Beyond Words
621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Star! on Set Degrassi		The Tonight Show-Jay Leno		eTalk
603	561	95	FN	Road Grill	Licence to Grill	Restaurant Makeover		Good Eats	Perfection	Ramsay's Kitchen Nightmares		Restaurant

critics'corner

Corner Gas

Hank as the Dog River ambassador? Whoever decided that needs his head examined. In "American in Saskatchewan," Hank (Fred Ewanuick) is assigned to show an American around, but he stinks at it. So Brent (Brent Butt) steps in to undo the mess. Karen (Tara Spencer-Nairn) decides she should finally learn to speak French, but Dog River is seriously lacking in francophones. 11:30 AM on 46 COM

CSI: Miami

People do get a little testy when you kick them out of their homes. In "Death Eminent," the government is about to seize an entire neighborhood by eminent domain when the politician backing the move is found murdered. Not only is everyone in the neighborhood a suspect, but Horatio (David Caruso) learns the judge on the case is not only crooked but has a grudge against th

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celebritybuzz

Davis gets 'lame' deal

Kristin Davis was unhappy on the set of the Sex And The City: The Movie after finding out she wasn't allowed to keep her designer costumes, femalefirst.co.uk reports.

The actress expected to collect her expensive collection of garments after the film wrapped but was disappointed when she was told the opulent items had to be returned to their fashion houses.

But Davis, who plays conservative Charlotte York in the eagerly anticipated movie, did get some fashionable treats – she was allowed to keep her character's collection of designer shoes.

She says, "I went up to get my clothes, and there were none left, because all mine were samples (and had to go back to the designers).

"I got a really lame deal – totally coincidentally. But I got my shoes, thank God!"

Metro News Services

ANDREAS RENTZ/GETTY IMAGES

Lohan turns down fur offer

Lindsay Lohan has turned down a nightclub owner's offer to bail her out of her latest legal troubles because she insists she is innocent, imdb.com reports. Model Masha Markova has filed papers at Manhattan's State Supreme Court claiming Lohan stole her $11,000 mink coat as she left a New York nightclub after a birthday party in January. The coat was later returned, but only after Lohan had been photographed wearing an identical fur on the same night. Nightclub boss John Englebert stepped in and offered to settle the case for Lohan, and buy her a mink coat of her own. But the actress insists she doesn't need his help.

Her representative says, "She already has one (fur coat)." Adding of the coat mystery, the rep adds, "If she took it, she took it by mistake. There are worse mistakes to make."

Metro News Services

FRAZER HARRISON/GETTY IMAGES

Lopez is on mommy duty

Jennifer Lopez is refusing to find a new nanny to look after her baby twins, because she wants to be a full-time mom, femalefirst.co.uk reports. The nanny Lopez and husband Marc Anthony hired to look after three-month-old twins Max and Emme left the job last month, and, instead of replacing her, Lopez is caring for the pair herself.

A friend tells Us Weekly, "She's beyond hands-on."

And both Lopez and Anthony plan to put family first and their careers second for at least the next 12 months: "They both told their managers that the next year would be all about family."

Meanwhile, Anthony will take his wife and twins with him when he tours Spain next month.

Metro News Services

KEVIN WINTER /GETTY IMAGES

Shia can't kick dad out

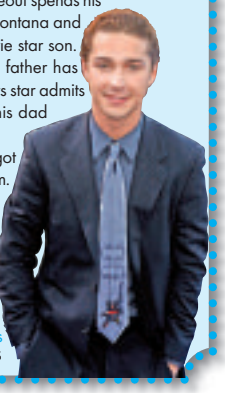
Shia LaBeouf is having a hard time asking his dad to leave the garage of his Los Angeles home, femalefirst.co.uk reports.

Vietnam veteran Jeffrey LaBeouf spends his summers living in a teepee in Montana and his winters staying with his movie star son. This year, however, the actor's father has yet to move on. The Transformers star admits he can't bring himself to kick his dad out.

LaBeouf, 21, says, "We've got this little air mattress set up for him. It's very comfortable.

"But now it's not winter anymore and he's still there. But I can't go there and go, 'Hey dad. Listen it's time to go back.' I can't make him leave."

Metro News Services



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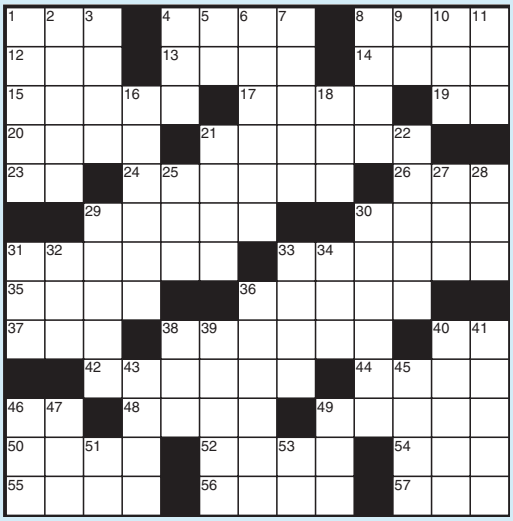

down

1 Cool
2 Borneo's archipelago
3 Vibrate
4 Do sums
5 Former princess
6 Microscopic animal
7 — Oberon of films
8 Ignoble
9 Argon, in the lab
10 License plate
11 Cable network
16 More open
18 Place for laundry
21 Tampa Bay gridders
22 Weakness
25 Make a wrong move
27 Freshly painted
28 Slalom run
29 Miner's stake
30 Screen blinker
31 Rollover subj.
32 Funny — DeLuise
33 Graph lines
34 Berlin article
36 Tied the score
38 Haul into court
39 In reserve
40 Baker's buy
41 Pep
43 Nothing but
45 Without fat
46 High peak
47 Cyberspace service
49 Show sorrow
51 Cajun's st.
53 Bradley or Murrow

across

1 Yuppie's auto
4 Actor — Sandler
8 Hot soak
12 Fan noise
13 Thinnest coin
14 Bedouin
15 Helen of Troy's story
17 Poets' eyes
19 Beat it
20 Madras garment
21 Opinion
23 Derby st.
24 Deli sandwich
26 Blow away
29 Roughly
30 Billiard sticks
31 Slackers
33 Men and women
35 Jungle warning
36 Try extra hard
37 "How — — doing?"
38 Pack rats
40 Attention-getting word
42 Hunts rodents
44 Muffin spread
46 Battery sz.
48 No, to Fraulein
49 Elite
50 Lounge about
52 Whitetail
54 Cobra cousin
55 Join in the game
56 Vortex
57 Ultimate degree

previous answer

T	O	W	■	O	R	A	L	■	S	L	A	T
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HOROSCOPE

ARIES | March 21-April 20
A selfish person will cause serious frustration. You'll understand that something can't be justified. Challenging a rule leads to indulgence.

TAURUS | April 21-May 21
Turn back from a bad choice before it's too late. A loved one will visit to perk you up. A woman wants to rearrange something.

GEMINI | May 22-June 21
Try to be gentler when anxieties are outstanding. Unexpected events keep you hopping. Fresh thinking cancels out previous training.

CANCER | June 22-July 22
There is a powerful person working behind the scenes. Try not to isolate yourself. You'll benefit from a friendship with a tough superior.

LEO | July 23-Aug. 23
An uncomplicated gadget will work best. Happy news will come your way. You know what you want to do with your life.

VIRGO | Aug. 24-Sept. 22
Don't play power games with a stronger opponent. Someone is angry about a broken promise. It is time to shift your attitude.

LIBRA | Sep. 23-Oct. 23
A happy person will dream of your future. A night-time adventure will lead to romance. Patience can bring you fulfilment.

SCORPIO | Oct. 24- Nov. 22
A long-standing commitment will prevent an adventure. Stand firm when a decision is required. A lurking idealist can alter your status.

SAGITTARIUS | Nov. 23- Dec. 21
Share information to increase your options. You'll see the antics of a drama queen. You'll make the best of a situation.

CAPRICORN | Dec. 22-Jan. 20
Make contact with like-minded people. Give the lie to something that has been said. Practice willpower all through the day.

AQUARIUS | Jan. 21-Feb. 18
A call will have a miraculous effect. A newcomer is falling in love with your spirit. A thrilling experience makes for an exciting story.

PISCES | Feb. 19-Mar. 20
Stop goading someone in the name of love. A tough situation will come from a traveller. People are going berserk for no reason. AVATAR VENUS

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This Day IN HISTORY

May 26, 1805: Napoléon Bonaparte assumes the title of King of Italy and is crowned in Milan.

May 26, 1889: Opening of the first Eiffel Tower elevator to the public.

May 26, 2004: The New York Times publishes an admission of journalistic failings, saying its flawed reporting during the buildup to the 2003 war in Iraq helped promote the belief that Iraq possessed large stockpiles of weapons of mass destruction. WIKIPEDIA.ORG

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			5		7	2		

instructions

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

8	7	6	2	3	5	1	9	4
4	3	2	1	9	7	6	8	5
5	1	9	6	8	4	3	2	7
3	6	8	9	7	2	5	4	1
2	4	1	3	5	8	9	7	6
9	5	7	4	1	6	2	3	8
1	2	4	7	6	9	8	5	3
7	8	3	5	2	1	4	6	9
6	9	5	8	4	3	7	1	2

Ottawa weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
40%	40%			
Showers.	Showers.	Variable.	Sunny.	Sunny.
23°	12°	15° / 5°	18° / 11°	21° / 8°

Temperature
Normals
High: 20.4°
Low: 8.8°

Records
High: 31.1°/1965
Low: -0.6°/1969

Sunrise: 5:21 a.m.
Sunset: 8:38 p.m.
Moonrise: 1:04 a.m.
Moonset: 10:59 a.m.

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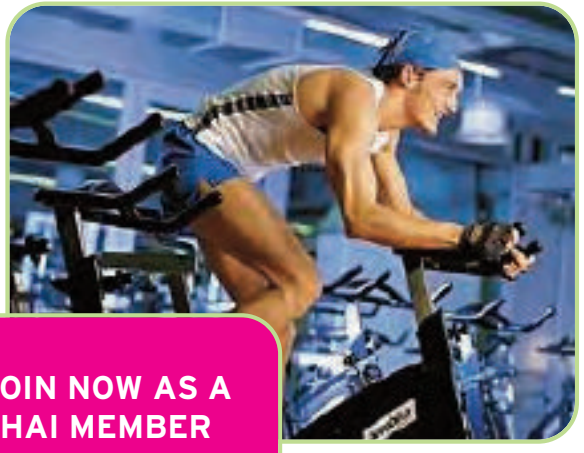
SOLOWAY JCC

Celebrating our first 10 years

SOLOWAY JEWISH COMMUNITY CENTRE

LIVING LIFE TO ITS FULLEST



WHO IS COMING TO THE SOLOWAY JCC? EVERYONE

YOU DON'T HAVE TO BE JEWISH TO JOIN THE SOLOWAY JEWISH COMMUNITY CENTRE. YOU JUST HAVE TO WANT A GREAT PLACE TO HANG OUT, WORK OUT AND ENJOY ALL THE PROGRAMS AND AMENITIES OF OUR STATE-OF-THE-ART FACILITY.

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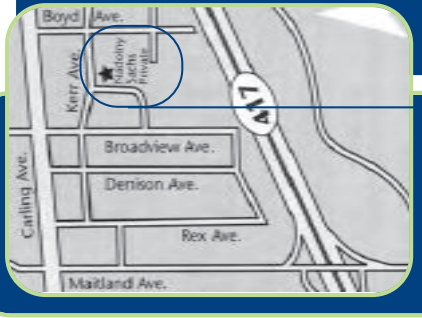

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